Spasation
Salon & Day Spa
Mother's Day Packages
Starting at $75.00
Our Loyal members receive 10% Off
www.spasation.com (780) 406-7272
Seven Locations to Serve you

The world's largest global newspaper
metro®
EDMONTON • TUESDAY, APRIL 27, 2010
metronews.ca

$100 OFF
SUNGLASS EVENT
SEE IN STORE FOR DETAILS
eyecare GROUP
www.eyecaregroup.ca

Summer art exhibit goes Looney Tunes

CARTOONS Visitors to the new Art Gallery of Alberta this summer can enjoy the beauty of the futuristic curvilinear glass and steel structure and, at the same time, get up close and personal with the Mathemagician and Wascally Wabbit.

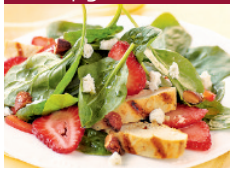
A collection of hand-drawn Warner Brothers' animation highlights six planned exhibitions at the downtown gallery.

The Warner Brothers show will feature Bugs Bunny and a cadre of his long-suffering foes such as Daffy Duck (and, of course, star-crossed bird hunter Wile. E. Coyote), produced between 1935 and 1964.

THE CANADIAN PRESS

FIND MORE ONLINE
m.metronews.ca
SCANLIFE
WHAT'S THIS BARCODE FOR?
Find out on the Local page.

Food pg 14



Brunching with buddies

On the web
Visit metronews.ca for news updates

ShareYourViews
edmontonletters@metronews.ca

SUBMITTED PHOTOS

Clockwise from top left: Weezer, Bad Religion, Wintersleep and Rise Against are all expected to be big draws at this year's Sonic Boom festival, happening over Labour Day weekend.

Get ready to rock

Weezer, Rise Against among top draws at Sonic Boom

ANDREAS MORSE
andreas.morse@metronews.ca

Normally, a sonic boom occurs when an aircraft reaches supersonic speed.

When it happens in Edmonton, it's just a kick-ass rock concert.

The highly anticipated lineup for Edmonton's modern rock festival, Sonic Boom 2010, was announced yesterday.

This year's festival features Rise Against, Weezer, City and Colour, Bad Religion, and Wintersleep.

One of the festival's promoters, The Union's marketing director Dave Johnston, said there are more bands to come.

"There will be at least two or three more bands added over the coming weeks so we're not done yet," he said.

Sonic Boom 2010 goes Sept. 4, which is Labour Day weekend. Doors open at 11:30 a.m. and tickets are $69.50 for all ages, general admission and $129.50 for 18 and over VIP tickets. Don't forget the service charge.

Last year, about 10,000 fans showed up for the inaugural festival. This year, Johnston said he expects to beat that.

"I think we will," he said. "This year, the anticipation for this announcement was so strong. I think people are really psyched about Sonic Boom. I think we're going to see a much stronger response from people."

Adam Thompson, music director for Sonic 102.9, the festival's co-promoters, said last year was good. This year will be even better. "I believe this is going to be the best festival Edmonton has ever seen."

Online

- For more information and updates, visit sonicboomfestival.ca.

Man admits to teen's murder

COURTS An Alberta man has pleaded guilty to strangling a 14-year-old girl and slashing her throat in a daylight attack that paralyzed a small foothills community for weeks.

Ross Edward Kleman had originally pleaded not guilty to the first-degree murder of Emily Stauffer in September 2008 in Edson. His trial was set to begin yesterday, but he pleaded guilty to the lesser charge of second-degree murder.

The charge carries an automatic life sentence. Kleman also pleaded guilty yesterday to sexually touching another female under the age of 16 in 2008.

Stauffer, the daughter of a Baptist pastor, sang in her church choir and loved reading books about Jesus. She was killed on the afternoon of Sept. 27 while she was walking along a wooded path in a residential area.

Two boys riding bicycles saw a man attacking a girl on the path in the northwest part of Edson, but by the time they alerted a woman who lived nearby and emergency crews arrived, it was too late.

The crime shook Edson, a resource community of 8,000 about 200 kilometres west of Edmonton on the highway to Jasper. The sense of panic was amplified in early October by a report of a second attack on a woman, but that later turned out to be bogus.

THE CANADIAN PRESS

WWW.EDMONTON.MINI.CA
OFTEN FOLLOWED.
NEVER CAUGHT.
The go-kart handling lets you disappear around corners. The best-in-class fuel efficiency makes those in pursuit disappear from your rear-view mirror. Together, they make the road your personal playground. To find out more, visit a MINI Retailer today.
And don't forget to ask about our new Graduate Program.
STARTING FROM
$22,800
COME IN AND VISIT US TODAY MINI EDMONTON
7450 ROPER ROAD • 780.490.5269 • 1.877.266.3707
WWW.EDMONTON.MINI.CA

Free Daily News Group Inc., operating as Metro Edmonton. 10123 - 99 Street NW Edmonton, Alberta T5J 3H1. Publisher: Steve Shrout

SHERWOOD PARK HYUNDAI

PUBLIC ANNOUNCEMENT

DUE TO A NUMBER OF CONSECUTIVE RECORD SETTING MONTHS IN NEW VEHICLE SALES

SHERWOOD PARK HYUNDAI

IS OVERSTOCKED WITH ONE-OWNER TRADES
WE HAVE MORE PREVIOUSLY- ENJOYED VEHICLES
THAN ANY OTHER IMPORT DEALER

OVER 150 USED VEHICLES IN STOCK

2002 Honda Civic, blue, 2 door, #10SF217110,
$7,888

2003 Pontiac Grand Prix, silver, 4 door, #CP9113
$5,999

2006 Chevy HHR Limited Gold #EN912110
$7,888

2008 Accent, silver, auto, #9AC497010
$7,888

2005 Chevy Mailbu, silver, #P9130,
$5,888

2003 Jeep Liberty, burgundy, #10AC469610
$6,995

2003 Silverado Gold, loaded #10TU69801003
$7,888

2009 Hyundai Sonata, #EN9147, 4 in stock, starting at
$10,999

2002 Accent, silver #10SF025010
$5,999

*vehicles not exactly as shown

CITY OF EDMONTON'S ONLY TRULY GUARANTEED CREDIT APPROVAL
WE ARE NOT KIDDING IF YOU'RE WORKING, YOU'RE DRIVING

CALL OR TEXT KEVIN AT: **780-405-5815**

TO BOOK AN APPOINTMENT: **1-866-510-2450**

SHERWOOD PARK HYUNDAI

41 Automall Road, Sherwood Park

5 YEAR WARRANTY

Alberta Motor Vehicle Industry Council

AutoCanada

News on the Move IN THREE EASY STEPS
1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM
2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO
3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA
SCANLIFE

Local

aga art gallery of alberta

One night of dreaming

The Art Gallery of Alberta is hosting its first event in the One Night Series on Thursday. Join an informal panel as it discusses the topic One Night of Dreaming. A psychoanalyst, an author, a psychologist and a historian will discuss what happens while we sleep. For more information visit youraga.ca

METRO EDMONTON

Scan this code for Local news.
See the Local page to learn how to scan.

Following news stories on Twitter...

EdmontonTweets

@shezug A friend's facebook page has been hacked. The person is making racist & other damaging comments.Can anything be done to track dude down? #yeg

@Jenmonton Judging from twitter & media reports, you like rapid public transit, #yeg, you really do! See? That wasn't so hard...

@smelenchuk caught the LRT at Southgate this AM and it is gloriously faster than the bus to South Campus. #yeg #yegtransit

metronews.ca

WHAT'S ONLINE TODAY

Video Delay in hearing to lift entry ban from controversial British MP does little to dull debate at **metronews.ca/canada**

Follow Metro on Twitter for news updates and more: **@metroedmonton**

ADVERTISE TODAY!
1 888 91 metro (63876)

Rush make playoff debut in Calgary

Roughnecks play host in lacrosse's Battle of Alberta

ANDREAS MORSE
andreas.morse@metronews.ca

The Battle of Alberta is heating up once again, but this time it's not the Eskimos or the Oilers rushing down the QEII.

For the first time ever, the Edmonton Rush lacrosse team has made the post-season and, as luck would have it, they've drawn the Calgary Roughnecks as their first opponent.

"There's a hatred between us and them," said Corey Small, a Rush rookie. "We do things our way and they kind of do things their way and it makes for a good game, usually."

The three games the Rush played against the Roughnecks this season were close, fight-filled affairs and Small said he's looking forward to the fourth instalment.

"I can't wait. It's my first playoff game as a rookie so I'm real excited going into the weekend," he said. "I'll have a few butterflies before the game but I'm looking forward to it for sure."

The last time Jimmy Quinlan played in a playoff game was for the Toronto Rock in 2005. His team won the championship that year.

"I've got a pretty good winning percentage in playoff games," he laughed. "I just haven't been there very often."

Quinlan will get his second shot at the post-season this Saturday and the captain already has his game face on, not to mention a playoff beard.

"To be truthful, it's probably one of the teams we hate the most in the league. I don't know for what reason, we just don't really like each other tough," said the Rush assistant captain.

The Rush's playoff debut goes this Saturday in Calgary. Catch it live at edmontonrush.com.

Autopsy deems man's death homicide

CRIME The death of a man found in his apartment on April 21 has been verified as a homicide, an RCMP autopsy confirmed.

Abdinasir Abdulkadir Dirie, 19, was found in his apartment dead last Wednesday. He was from Toronto, but moved to Alberta within the last year, police said.

Police said that Dirie was known to them. In January, he and four others were charged with possession of cocaine for the purpose of trafficking and possession of proceeds of a crime under $5,000.

RCMP continue to investigate the homicide. Anyone with information are asked to call the Wood Buffalo RCMP at 780-788-4000.

METRO EDMONTON

Tool preparing a triumphant return to Rexall Place

MUSIC Progressive-rock and alternative-metal band Tool is making its triumphant return to Edmonton this summer.

On Wednesday, July 7, Tool will take over Rexall Place with another visually stunning and musically experimental Canadian tour.

Tool is touted as one of the world's most popular hard-rock bands.

Incorporating visual arts and relatively long and complex song structures, the band is viewed as a style-transcending act, drawing from progressive rock and art rock.

Tickets for Tool, with guests, are $39.50, $55, and $69.50 plus service charges and go on sale this Friday at 10 a.m.

Charge by phone at 780-451-8000 or visit a Ticketmaster outlet.

METRO EDMONTON

SUBMITTED PHOTO

Edmonton's Ziyah Karmali will compete for the title of Miss World Canada next week in Vancouver.

Busy week ahead for Miss World Canada contestant

YONATHAN SUMAMO
for Metro Edmonton

BEAUTY PAGEANT With the Miss World Canada pageant only a week away, a local contestant is balancing both preparation and a charity dinner.

Ziyah Karmali, Miss Edmonton, is hosting a banquet tonight at Haweli Restaurant on 10220 – 103 St. to support the Variety Children's Charity.

The charity helps young children with disabilities learn and participate in community activities. Karmali said helping others is important to her, but children are especially close to her heart.

"I'm a teacher by day, so I really believe that education for all children is important," Karmali said.

Some local figures are expected to come out and support the dinner, including Mayor Stephen Mandel, former Oiler Georges Laraque and Eskimos past-and-present Shannon Garret, J.R. LaRose and Patrick Kabongo.

But how does Karmali organize a major fundraiser, teach and prepare for the biggest pageant in Canada?

"All-nighters," she said, laughing. "But really I try to organize myself. I teach during the day, so I wake up early to start my day and continue after work. It's very stressful but I hope it will pay off in the end."

The Miss World Canada pageant takes place May 3-7 in Vancouver. If Karmali wins the title, she will represent Canada at the Miss World 2010 pageant in Vietnam this fall.

JUST A REMINDER!
MacEwan School of Business
A proud part of Grant MacEwan University

Business Information Sessions

If you're thinking about a career in business, think MacEwan. MacEwan School of Business offers a wide range of career-focused diplomas, a commerce degree and so much more - all focused on supercharging your career in business. Talk to people in the know.

Insurance & Risk Management
Tues, April 27, 6 pm in Room 5-161
Call 780.497.5384 for details.

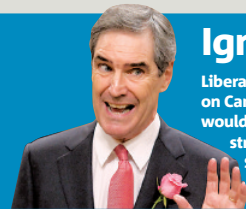
Human Resources Management
Thurs, April 29, 5:30 pm in Room 5-161
Call 780.633.3466 for details.

These sessions take place at City Centre Campus (10700 - 104 Ave.)
For more information on these programs and more, check **www.MacEwan.ca/business**.

Melting ice reveals ancient hunting tools

Melting ice pockets high in Canada's Arctic mountains are revealing details of how hunters stalked caribou in the region thousands of years ago. The melting ice has revealed a 2,400-year-old spear, a 1,000-year-old squirrel snare and bows and arrows more than 800 years old. THE CANADIAN PRESS

Canada



Ignatieff touts homegrown food

Liberal Leader Michael Ignatieff, left, says he would put more Canadian food on Canadian tables if he became prime minister. The Opposition leader says he would introduce a national food policy that would improve food safety, help struggling farmers and promote healthy eating. The plan would include $50 million to improve food inspections and ensure imported foods meet domestic standards. THE CANADIAN PRESS

America's funniest video is Canadian

TELEVISION An Ontario toddler is a hit in Hollywood after a video of the dancing tot won the grand prize on America's Funniest Home Videos.

Keegan Adair and his parents Brendan and Rhonda of Lively, Ont., near Sudbury, won $100,000 for a video of Keegan imitating a dancing doll.

THE CANADIAN PRESS

News in brief

HEARING A Federal Court hearing in Toronto examining the case of British MP George Galloway — who has been denied entry to Canada — has been put on hold until tomorrow after his lawyer suffered a foot injury. THE CANADIAN PRESS

No abortion cash

Decision could put Canada at odds with G8

Canada won't support funding for abortions in the developing world as part of a family planning initiative, International Co-operation Minister Bev Oda confirmed yesterday on the eve of a meeting with her G8 counterparts in Halifax.

Oda said Canada's contribution to the meeting could involve family planning and contraceptive methods, but not abortions.

"The details remain to be determined," she said. "However, Canada's contribution will not include funding of abortions."

Her declaration means a debate over abortion could threaten a bid to find a consensus at the two-day meeting, which is expected to focus on improving the health of mothers and children in poor countries.

Critics have said Canada's position could conflict with the U.S. and other G8 partners who say abortion can't be separated from family planning, though Oda said this won't be the case.

Ontario Liberal MP Bob Rae said the Tories' position is ridiculous. "They say, 'We don't want to reopen the abortion debate.' Well, they just did."

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

International Co-operation Minister Bev Oda said Canada won't fund abortion as part of its G8 child- and maternal-health plan for poor countries.

NDP making gains: Poll

POLITICS The Harper Conservatives have sunk to their lowest level of support in a year, dipping below 30 per cent amid the furor over the Guergis-Jaffer scandal.

A new poll by The Canadian Press Harris-Decima puts the Tories at 29 per cent, down three points from early April — and into a statistical tie with the Liberals, who are down two points at 27.

The survey suggests Canadians are looking more favourably at the NDP as they become increasingly disenchanted with the two main parties. The New Democrats rose three points to 20 per cent, a level of support the party hasn't enjoyed since shortly after the last election in October 2008.

The NDP, which typically runs a distant third, now appears to be "benefiting from not being the other guys," Harris-Decima chairman Allan Gregg said.

He said it's unprecedented to have both the Conservatives and Liberals languishing simultaneously below 30 per cent.

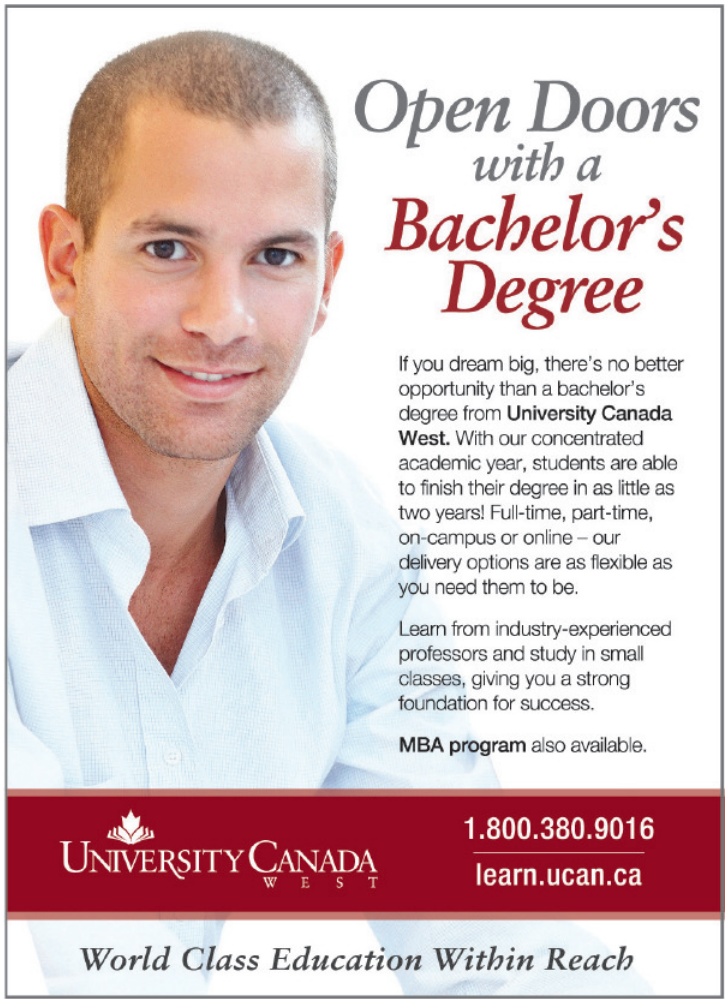
"That's the stunning part ... It's a reflection of the general disgust of the major options that are available to most voters."

THE CANADIAN PRESS

How will the G8 deal with rogue nuclear states such as Iran and North Korea?

Scan code for more.

Learn how to scan on the Local page.



$30 /month UNLIMITED MESSAGING PLAN

plus Government Regulatory Recovery Fee±

- UNLIMITED TEXTING
- UNLIMITED EMAILING
- UNLIMITED INSTANT MESSAGING
- UNLIMITED PICTURE & VIDEO MESSAGING
- UNLIMITED TALK EVENINGS & WEEKENDS*

Devices starting at $9.99† with select 3-yr. plans

EXCLUSIVELY FROM ROGERS™

ROGERS.COM/UNLIMITEDMESSAGING – VISIT A STORE

±The Government Regulatory Recovery Fee ranges from $2.46-$3.46/line/month (varies by province and plan selected). It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. **It is not a tax or charge the government requires Rogers to collect and is subject to change.** See rogers.com/regulatoryfee for details. A one-time Activation Fee of up to $35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. †Samsung Gravity $9.99, Samsung Corby Pro $69.90, LG Shine Touch $49.99, LG Pop $19.99, Nokia 5800 $49.99, Samsung Flight $49.99, Nokia Surge $19.99; all with new activation on any 3-yr. term voice plan. Taxes extra. Early cancellation fees apply. Offers available for a limited time and subject to change without notice. *Plan includes 100 Daytime minutes per month. Evenings from 6 pm to 7 am Mon.-Fri. Weekends from 6 pm Fri. to 7 am Mon. Calls initiated outside these times chargeable at standard rates or deplete from minutes alloted in plan.

™Rogers & Mobius Design are trademarks of or used under license from or with permission of Rogers Communications Inc. or an affiliate. All other brand names and logos are trademarks of their respective owners. © 2010 Rogers Wireless.

EDMONTON
Publisher, Steve Shrout
Managing Editor, Harry Hodge
Sales Manager, Cheryl Skogg
Distribution Manager, Jim Hillman

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Charlotte Empey
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: VANCOUVER | EDMONTON | CALGARY | TORONTO | OTTAWA | MONTREAL | HALIFAX

Worth mentioning

Swashbuckling politics

Pirate Party of Canada sails onto legislative scene

Yar! There be a new party on the high seas of Canadian politics.

The Pirate Party of Canada can now run buccaneers in the next federal election, where it says it will run on a platform of measures to fight copyright laws.

Canada's chief electoral officer, Marc Mayrand, granted the Pirates eligible party status April 12.

They will officially join the 19 other registered parties as long as they field at least one candidate in the next election.

The party broke the news to its "maidens and gentlepirates" earlier this month.

"After 10 months of dedication and hard work, we have reached eligible status, which only leaves a 60-day 'purgatory' period," says a statement on the Pirates' website.

"After that, we will field candidates in subsequent federal elections, and begin the real work of a political party."

The Canadian Pirate Party's founders want to make it legal to copy songs, books, movies and artwork for private, non-commercial use.

The party also wants to ban patents on software, life forms and plants, and stretch Canada's privacy laws to cover all digital data.

Parties that want to run in federal elections must be registered with Elections Canada.

Being registered means the Pirates can issue tax receipts for political contributions, and they must report their finances to the elections watchdog.

"What this party has done is they've cleared all the paperwork," said Elections Canada spokesman John Enright.

"So they've gone through all of the administrative hurdles, barring the nomination of a candidate at election. And that will make them a registered political party."

The Pirate Party was founded last June. It's modelled after Sweden's Pirate Party, the country's third-largest party, which won a seat in last year's European Parliament elections.

"We need a world ... where artists and inventors are free to create without the chains of mismanagement and executive privilege," says a statement on the Canadian party's website.

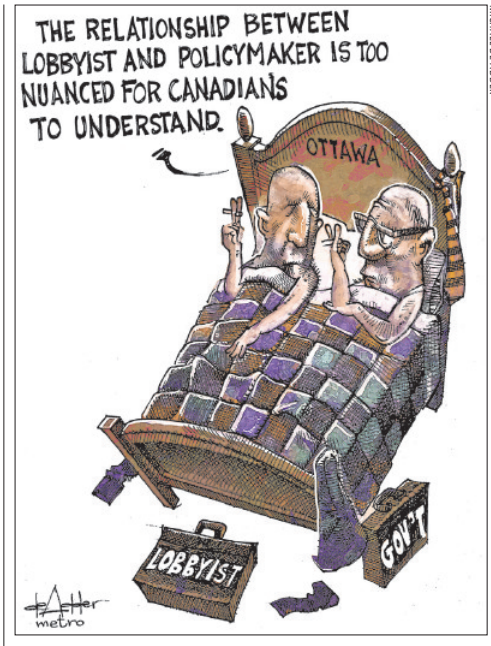
"We need to foster technological development in all fields of everyday life, in an open manner.

"We need to bring focus to the privacy of the individual while shedding light on the work that government does so that we can avoid hidden laws and treaties that attack Canadians."

Pirate Party Leader Jake Daynes wasn't immediately available to comment.

The Pirates will join other, lesser-known registered parties such as the Marijuana Party, the Rhinoceros Party, the Work Less Party and the Animal Alliance Environment Voters Party of Canada.

THE CANADIAN PRESS



MICHAEL DE ADDER

Research

Four bad habits can age you by 12 years: Study

Four common bad habits combined — smoking, drinking too much, inactivity and poor diet — can age you by 12 years, sobering new research suggests.

The findings are from a study that tracked nearly 5,000 British adults for 20 years, and they highlight yet another reason to adopt a healthier lifestyle.

Overall, 314 people studied had all four unhealthy behaviours. Among them, 91 died during the study, or 29 per cent. Among the 387 healthiest people with none of the four habits, only 32 died, or about eight per cent.

The risky behaviours were: Smoking tobacco; downing more than three alcoholic drinks per day for men and more than two daily for women; getting less than two hours of physical activity per week; and eating fruits and vegetables fewer than three times daily.

These habits combined substantially increased the risk of death and made people who engaged in them seem 12 years older than people in the healthiest group, said lead researcher Elisabeth Kvaavik of the University of Oslo. The study appeared in yesterday's Archives of Internal Medicine. THE ASSOCIATED PRESS

Noteworthy

Web shifting doc, patient power balance

Rebecca Cooney may have a debilitating, degenerative disease, but that doesn't mean she's ready to automatically defer to the authority of the medical community.

"I've never been a person who thinks somebody else can make decisions for me. Even my doctors — they're the experts, I take what they say, but I have my own mind and my own information," says Cooney, 42, who has been living with multiple sclerosis for the past 18 years.

"I'm not one that believes the pope is the only one who can speak to God. I can speak to God myself."

There have always been patients with Cooney's independent bent. But these days there seem to be hordes of them, due in large measure to the extraordinary reach of the Internet.

> **"The Internet — e-mail — has really allowed me and most of the MS patients to really work in conjunction with the doctors ..."** Rebecca Cooney, MS patient

A technology that makes a pioneering or profiteering clinic somewhere overseas a mere Google search away, the Internet is changing the nature of patient advocacy. It's amping up the activism.

And those more activist patients, who share information and strategies through e-mail, discussion boards and Facebook, are in some cases altering the research agenda in fields such as cancer, alternative medicine and now multiple sclerosis.

Some want access to experimental drugs or therapies before science has proven they are safe or useful. In other cases, they are agitating for a say in which theories, techniques or treatments get research funding.

Patients like Cooney are thrilled about what she describes as the huge power shift she has seen in the years since she was first diagnosed.

"The Internet — e-mail — has really allowed me and most of the MS patients to really work in conjunction with the doctors, which we've never been able to do," she says.

"It used to be almost what your neurologist said or what your doctor said was God. You couldn't really debate it. You couldn't say anything. Because you didn't know.

"Now, I'm empowered. I can find out information."

Other players are not so enthusiastic, saying the change is fostering tension within disease advocacy organizations and between doctors and their patients.

THE CANADIAN PRESS

Quote of the Day

"Canada's contribution to child and maternal health may include family planning. However, Canada's contribution will not include funding abortion."

— MP JIM ABBOTT, PARLIAMENTARY SECRETARY TO INTERNATIONAL CO-OPERATION MINISTER BEV ODA, AFTER THE HARPER GOVERNMENT SAID IT WON'T FUND ABORTION AS PART OF ITS G8 CHILD- AND MATERNAL-HEALTH PLAN FOR POOR COUNTRIES. THE CANADIAN PRESS

Tell us your views by email to edmontonletters@metronews.ca or comment on metronews.ca or on Twitter @metroedmonton

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Brazilian health minister writes prescription for more sex

Brazil's health minister has a remedy for the nation's high blood pressure problem: More sex. Minister Jose Temporao says a good cardiovascular workout includes sex. THE ASSOCIATED PRESS

World

Activists rally against animal-testing plans

Indian bio-tech company set to open lab in Malaysia

An Indian bio-tech company's plans to set up laboratories for testing dogs and primates in Malaysia have angered animal rights groups who say the trial subjects could face suffering because the country has no regulations on animal research.

India's Vivo BioTech Ltd. inked a US$141 million joint-venture deal in January to set up a biotechology centre in southern Malacca state to develop and manufacture medicine. The centre will include laboratories where trial medicines will be tested on animals.

Vivo officials declined to comment on the issue when contacted yesterday. Malacca state officials could not be immediately reached for comment.

> **"Malaysia should not open the economy to businesses like this as it promotes cruelty."**
> Jacinta Johnson, SPCA official

Activists say tougher regulations on animal testing in the West are pushing companies to outsource to Asia, where there are lax regulations and cheaper costs.

In a joint statement issued over the weekend, Malaysia's Society for the Prevention of Cruelty to Animals, the British Union for the Abolition of Vivisection and the European Coalition to End Animal Experiments cried foul over the project because Malaysia has no laws protecting the welfare of animals used in experiments.

The groups submitted a protest letter to the government last week, urging it to halt the project, and also requested a meeting with the local authorities to discuss the issue, SPCA official Jacinta Johnson said yesterday.

"Malaysia should not open the economy to businesses like this as it promotes cruelty," she said.

THE ASSOCIATED PRESS

Britons burned by 'toxic sofa' to be compensated

LAWSUIT A British court says hundreds of people who received chemical burns from leather sofas will share 20 million pounds, or about $30 million, in compensation.

The customers took legal action after claiming of skin and eye complaints or breathing difficulties from the Chinese-made furniture, dubbed "toxic sofas."

The problems were blamed on dimethyl fumarate, a fungicide designed to stop the furniture from becoming mouldy.

The European Union banned the chemical last year.

Lawyers told a judge at London's High Court on yesterday that agreement had been reached between the plaintiffs and a company that owns several furniture retailers.

It will see 1,650 victims receive up to 9,000 pounds, or about $14,000, apiece. Legal action continues in 3,000 other cases.

THE ASSOCIATED PRESS

Chemical reaction

- Dimethyl fumarate has been found to be an allergic sensitizer at very low concentrations, producing extensive, pronounced skin conditions like eczema and dermatitis that are difficult to treat.

Kaczynski's twin to run for president

POLAND Polish opposition party leader Jaroslaw Kaczynski says he will run in early presidential elections called after his twin brother was killed in a plane crash.

Jaroslaw Kaczynski

The elections were called for June 20, after President Lech Kaczynski, his wife Maria and 94 others were killed April 10 in Smolensk, in western Russia.

"The good of Poland is a common duty that requires an ability to overcome personal suffering, to undertake the task despite a personal tragedy," Jaroslaw Kaczynski said.

THE ASSOCIATED PRESS

News in brief

TRAGEDY A homeless man who was stabbed when he rushed to assist a woman being attacked on a New York City street died on the sidewalk as pedestrians strolled by, apparently unaware or uncaring that he needed help. A surveillance video shows the man, Hugo Alfredo Tale-Yaxe, lying face down for more than an hour.

HOLLYWOOD California Gov. Arnold Schwarzenegger said yesterday a final $900,000 donation by Playboy founder Hugh Hefner completed the $12.5 million fundraising drive to protect the 138 acres behind the landmark Hollywood sign.

THE ASSOCIATED PRESS

Will an alleged Muslim polygamist be a boon for France's proposed burqa ban — or will it backfire?

Scan this code for the story.

Learn how to scan on the Local page.

No Matter What Country You Call
No Matter What Rate You Pay
Comwave Will Beat it...
GUARANTEED!

What Country Do You Call?

CUBA 89.9 ¢/min
INDIA 2.9 ¢/min
PAKISTAN 5.9 ¢/min
PHILIPPINES 11.9 ¢/min

Afghanistan..24.9 ¢
Bangladesh..3.9 ¢
Barbados..... 9.9¢
Chile..... 2.9 ¢
China..... 2.9 ¢
Ecuador.....12.9¢
El Salvador. ..... 9.9 ¢
Jamaica..... 8.9 ¢
Jordan.....3.9 ¢
Kenya.....6.9 ¢
Kuwait.....6.9 ¢
Lebanon ..... 9.9 ¢
Libya.....24.9 ¢
Nepal.....7.9 ¢
Israel.....2.9 ¢
Oman..... 14.9 ¢
Fiji..... 24.9¢
Ghana.....9.9 ¢
Greece.....2.9¢
Guatemala.....10.9¢
Guyana.....27.9¢
Honduras.....15.9 ¢
Iraq.....4.9 ¢
Italy.....2.9
Russia..... 2.9
Saudi Arabia 3.9
South Korea.... 2.9
Sri Lanka.....11.9
Trinidad..... 4.9
U.A.E.....16.9

If the country you call is not on this list, or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!

Make Long Distance and Overseas Calls From Your CELL PHONE!
(at our GUARANTEED LOWEST RATES!)

UNLIMITED
Calling to
CANADA
(From Your Home or EVEN from your CELL PHONE)
$5 /month

UNLIMITED
Calling to
INDIA
(From Your Home or EVEN from your CELL PHONE)
$29.95 /month

comwave®
780-665-1818
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time.Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria.Unlimited India $29.95 per month is based on a 1 year term where early cancellation fees apply (Monthly plan only $5 more at $34.95). Unused minutes do not roll over to the next month. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T.

Aeroplan to buy stake in AeroMexico loyalty program

Groupe Aeroplan is further spreading its wings beyond Canada by spending up to $34 million US to buy a minority stake in AeroMexico's frequent flyer program, Club Premier. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 99.86¢	US $4.262	US $84.20	12,280.97
US .05¢	US .5¢	US 92¢	41.33

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Home buyers not afraid of higher rates: CMHC

Majority comfortable with debt level, survey shows

The Bank of Canada may be concerned about the level of debt homeowners are assuming, but consumers who have recently taken out or renewed their mortgage are not.

A new online survey of Canadians active in the mortgage market, including first-time buyers, shows the vast majority are not only comfortable with their level of debt, but two-thirds think they will pay their loans off sooner than required.

The annual survey by Canada Mortgage and Housing Corporation also suggests that Canadians are savvy consumers when it comes to buying a home.

On average, consumers surveyed say they took a year to think through their decision and 89 per cent said they used the Internet to research mortgage options.

"First-time home buyers, they do their homework," said Pierre Serre, the CMHC's vice-president of insurance product and business development.

"The key findings are that people are getting more into the Internet, people are getting informed and people are comfortable with home ownership."

According to the CMHC, nine in 10 new buyers believe ownership is a good long-term investment and that now is a good time to purchase a home.

The housing market has been one of the mainstays of the economic recovery, with prices and sales already back, and in some markets, beyond pre-recession levels.

In a separate report yesterday, the real estate brokerage firm Re/Max said luxury home sales had soared in the first quarter of 2010, with nine of 13 markets shattering records for the winter months. THE CANADIAN PRESS

A Royal bump in borrowing

- Mortgage rates are headed higher again as Canada's biggest bank, the Royal, is bumping up the cost of borrowing to buy a house by nearly a seventh of a percentage point. The increase of 15-hundredths of a point on loans ranging from six-month variable to 10-year closed loans are effective today.

ScanLife

How did the Huffington Post go from celebrity bloggers to a dominant Internet news source?

Scan this code for the story.

Learn how to scan on the Local page.

Tokyo **Enter the electric cab**

SHIZUO KAMIKAWA/KYODO/THE ASSOCIATED PRESS

California-based electric-vehicle services provider Better Place chief executive Shai Agassi, centre, chairman of the board Idan Ofer, right, and Japan President Kiyotaka Fujii cut a ribbon at the opening ceremony of a battery switch station for electric cabs in Tokyo, yesterday. Three electric cabs began a 90-day trial in Tokyo yesterday that officials and the company say could eventually lead to the electrification of the city's taxi fleet. The test-run uses cabs that run on lithium-ion batteries that can be changed in less than one minute with fully charged ones at the station.

Pressure's on for RIM during critical year

SMARTPHONES The heat is on BlackBerry-maker Research In Motion as the company heads into its annual industry showcase of new products and services in what will perhaps be the most competitive year yet for smartphones.

The Waterloo, Ont.-based company opens a three-day annual showcase today in Orlando, Fla., and it's expected to update some devices, add new products and partnerships, and perhaps offer a few surprises.

There are rumours that RIM will announce an updated web browser, designed to compete with Apple's popular iPhone, and perhaps even a new operating system.

"In the evolution of the company, this is going to be a very important year, for sure," said Neeraj Monga, an analyst for Veritas Investment Research Corp.

"People are either going to give credit to the company that it can out-compete and out-innovate Apple, or they're going to give up and say 'BlackBerry had a great run, but it's another one of those technology businesses that has matured and just cannot keep up with its innovative competitors.'" THE CANADIAN PRESS

Caterpillar **Boosted outlook**

CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

Caterpillar equipment is seen at the Ziegler CAT dealer in Altoona, Iowa, in this January file photo. Heavy equipment maker Caterpillar signalled the economy is improving yesterday by boosting its outlook for the year and rebounding from last year's first-quarter loss with a $233-million profit in the first quarter.

West Fraser reports Q1 profit

FORESTRY West Fraser Timber Co. Ltd. says the worst is over for the forestry company after it reported its first quarterly profit in two years.

West Fraser's chief executive and president Hank Ketcham told analysts that supply and demand are coming back into balance after an industry-wide downturn last year.

Ketcham says North American lumber prices were up 31 per cent during the first quarter of 2010. And he expects lumber prices to remain strong during the busy spring building season, while pulp and paper prices will also improve. THE CANADIAN PRESS

Business in brief

MINING Greystar Resources Ltd. was hit with a one-two punch yesterday, starting with news that its flagship project could be severely restricted under Colombia's new mining code, followed by a 40 per cent drop in its stock. The Vancouver-based company announced early yesterday that Colombia's environment ministry wants Greystar to file a new environmental study for the Angostura open-pit gold and silver mine, which was to cost billions of dollars to build and operate. The project, as envisaged before yesterday's announcement, was expected to cost $1 billion US to build and $3 billion US to operate over a 15-year mine life.

ENERGY Antler Creek Energy Corp. has announced a $20 million financing arrangement with a group of investors who will comprise the junior oil and gas explorer's new management team. Once regulators and shareholders approve the deal, it is expected that Antler Creek will change its name to Pinecrest Energy Inc.

THE CANADIAN PRESS

Service Directory
To advertise call 780-702-0592

FINANCIAL

500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free: 1-877-776-1660
www.moneyprovider.com

NEED MONEY?
✓ No credit checks
✓ Fast approvals
Call 1-866-499-5629
And get cash now!!
www.mynextpay.com

Apartment Finder
To advertise contact Yvonne Markey at 780-701-0347

realstar management
BLUE QUILL APARTMENTS
1-888-241-8361 • 11615 28th Ave. NW
Ask About 50% off SD and FREE Rent!
1 bedroom from $895, 2 bedroom from $995
WESTLAWN VILLAGE APARTMENTS
1-888-423-9792 • 9535 165th Street NW
MACDONALD ESTATE APARTMENTS
1-888-289-4159 • 9925 Jasper Avenue
www.realstar.ca

What did you get?

2% cash back[1] OR zip, zilch, zero

Sign up now for the 3-Month Cash Back Bonus[†].

Gas Stations

Grocery Stores

Drug Stores

Recurring Bill Payments

The credit card that gives more cash back on everyday spending.

- 2% cash back on eligible gas, groceries, drug store purchases and recurring bill payments
- 1% cash back on everything else
- Sign up now for the *3-Month Cash Back Bonus* and get 2% cash back on everything for the first three months

Apply now. Call 1-877-803-4877, visit a branch or scotiabank.com/momentum

You're richer than you think.®

Scotiabank®

[1] You will earn 2% cash back on the first $25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411,5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% $25,000 annual max., and on all other purchases. *Scotia Momentum* cash back is not awarded for cash advances, *Scotia*® VISA Cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.

[†] Any purchases normally earning 1% cash back, will earn a full 2% cash back during the offer period. This special offer applies to purchase transactions appearing on your first three statements. Scotiabank may choose not to credit cash back on net annual purchases greater than $100,000 (combined spend between 1% and 2% cash back levels) or which on a monthly basis exceeds your credit limit. Account must be in good standing at time of cash back payout in order to receive the additional cash back. The bonus cash back will be accumulated and displayed in the "1.00% cash back" section of your statement within two statement cycles following the end of the offer. This offer may be withdrawn at any time without notice. Offer ends October 31, 2010.

*Visa Int./Lic. user The Bank of Nova Scotia. ®Registered trademarks of The Bank of Nova Scotia.

Interest rates/Savings accounts

BMO	CIBC	HSBC	ING	PCF	RBC	Scotia	TD	ALLY
1.00%	0.70%	0.65%	1.20%	1.00%	0.75%	1.00%	0.75%	2.00%

Please check bank websites as some rates require minimum account balance

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

7 extra homebuying costs

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Spring may be the traditional season of love but it is also the season of nesting. Last week I started a list of extra homebuying expenses.

Here are seven more to help you budget.

1 Replacements: Curtains and rugs come in standard sizes but, amazingly, when you move they never seem to fit the new nest. And if the drapes remain from the previous owner they will never match your furniture.

2 Condo costs: These can include a parking spot if one doesn't come with the unit and the monthly condo fee paid in advance.

3 Commuting: If you are moving out of town to get more house for your money don't forget to factor in the additional costs of commuting. While not directly related to your house purchase, commuting has a big impact on your bottom line.

4 Moving: You will be stunned at the cost especially if you are moving more than a couple of blocks. Before you buy get estimates for your prefered locations. Do-it-yourself moving is cheaper but costs include the moving van, gas, broken items and worn out friendships.

5 Repairs: You know how it goes. The real estate agent sails through the house noting that a little paint here, a bit of carpentry there and you have an Elle Decor worthy abode. Take a camera with you to record what repairs must be made and also those you would like to make. Pass these on to the home inspector, most of whom will provide estimates for repair or replacement of common items.

6 Insurance: Necessary but often forgotten while calculating monthly payments. Get at least two estimates and make sure you inquire about the need for separate riders for items such as jewelry, high-end bicycles, art and antiques. Cost is highly variable depending on replacement value of house, value of contents and coverage.

Alison's Money Rule:

- Know what you really can afford by factoring in the additional costs of buying a new home.

7 Tax: Last, but not least, new construction will be subjected to GST/HST. In Ontario and B.C., the HST debuts July 1 but there are rebates to alleviate or eliminate the pain. Go to www.hstincanada.com

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Fixed rates versus variable

MORTGAGES With a growing number of people looking to buy a home, every homebuyer faces the question of choosing a fixed or variable rate mortgage.

"The most important thing a current or first-time homeowner can do is talk to a knowledgeable mortgage expert about their situation and make decisions based on their particular circumstances," said Jane Yuen, senior manager, mortgages, BMO Bank of Montreal.

> **"The most important thing a current or first-time homeowner can do is talk to a knowledgeable mortgage expert."**
> Jane Yuen

The case for going fixed: There's a small risk of an inflation flare-up as global central banks keep the pedal to the policy metal, coupled with record government deficits. If the Bank of Canada raises interest rates significantly, variable mortgage rates could head up, too. Plus, fixed rates are currently attractive given that short-term rates are already as low as they can go.

The case for going variable: Variable rates have generally been less costly over time. The calm outlook for inflation will likely keep price pressures at bay well into 2011. There's also some risk to locking in as fixed rates could fall if the economy performs worse than anticipated.

The verdict: For those who don't have a lot of financial flexibility — such as first-time homebuyers and those who would run into difficulty from an upswing in interest rates — the moderate extra cost for peace of mind from going fixed may be a price worth paying. There's also a chance fixed rates may actually prove to be a cheaper alternative.

NEWS CANADA

i'm lovin' it®
McDonald's® IS PROUD TO SPONSOR
PROMOTER OF THE WEEK
CONGRATULATIONS
Chris W.
Pick up your free copy of Metro from this week's Promoter of the Week at:
Clareview LRT Station
...OR FROM ONE OF OUR MANY OTHER PROMOTERS!
PROMOTER WILL RECEIVE A McDonald's Gift Certificate
metro

Investment money sitting on sidelines

Investing

Allan Small

metronews.ca/investing

The March inflation numbers clearly showed that the large increase for February was due to the Winter Olympics in B.C.

Canada's annual inflation rate in March dropped two-tenths of a point to 1.4 per cent and the much more closely watched Bank of Canada's core inflation rate fell by four-tenths to 1.7 per cent (back below the two per cent level the BoC considers crucial).

So does this mean that Canada's central bank will still raise interest rates at its next scheduled meeting in June? I believe it does.

With the new data released Friday, I believe the stock market has even more ammunition to move higher. A rising interest rate environment is never a good thing for the stock market. However, if the rise is gradual, I believe the market will be able to cope better and not fall as Canada raises its interest rates.

As well, look for fixed income products like GIC's, government bonds and even good quality corporate bonds to remain paying a low rate of interest. This, too, will only get even more investors that are tired of these low interest rates on fixed income products to move their money into the stock market for potentially a better return.

There is a lot of money still on the sidelines in investments like money market and high interest accounts. The longer the rates stay low, the more likely these individuals will consider investing in the stock market.

Allan Small is an Investment Adviser with Dundee Securities Corporation. He can be reached at asmall@dundeesecurities.com

mogo
borrow up to $1500 instantly for as long as 30 days
small loans, short terms, easy to pay back.
apply now! at mogomoney.com/metro
» money on the go

Masterton finalists named

Tampa Bay Lightning defenceman Kurtis Foster, San Jose Sharks forward Jed Ortmeyer and Washington Capitals goalie Jose Theodore are the finalists for the Bill Masterton Memorial Trophy. The award is given to the NHL player who best exemplifies the qualities of perseverance, sportsmanship and dedication to hockey. THE CANADIAN PRESS

Sports

Howard signs hefty deal

Ryan Howard agreed to a $125-million US, five-year contract extension through 2016 with the Philadelphia Phillies yesterday that includes a club option for 2017. The 30-year-old slugging first baseman will have a $25-million guaranteed average salary, which will be baseball's second-highest behind Alex Rodriguez's $27.5-million average. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

PAUL CHIASSON/THE CANADIAN PRESS

Montreal Canadiens goatender Jaroslav Halak makes a save off Washington Capital Brooks Laich last night in Montreal. The Canadiens won 4-1 to force Game 7 in their first round series.

Habs force Game 7

(Series tied 3-3)

Capitals 1 **Canadiens** 4

VS

Mike Cammalleri scored two early goals and Jaroslav Halak made 53 saves as the Montreal Canadiens staved off elimination from the NHL playoffs for a second game in a row with a 4-1 victory over the Washington Capitals last night.

The best-of-seven first-round series is tied 3-3 with the decisive Game 7 set for tomorrow in Washington.

Maxim Lapierre also scored and Tomas Plekanec had an empty-net goal for the Canadiens, who killed off six Washington man advantages and have held the league's best regular-season power play to 1-for-30 in the series

Eric Fehr finally broke Halak's bid for a first career playoff shutout on Washington's 52nd shot with 4:50 left in the game.

Halak, who has shone in all three Montreal victories, set a season high for saves as the high-powered Capitals' attack dominated territorial advantage but was foiled time and again by the 24-year-old from Slovakia. His 50th save was a dramatic stop with his glove on rookie John Carlsson during a Washington power play.

The Canadiens were called three times for diving — Brian Gionta once and Lapierre twice.

It was a first taste of NHL playoff action for defence prospect P.K. Subban, who was called up yesterday from the American Hockey League's Hamilton Bulldogs and picked up his career-first playoff point on Cammalleri's second goal.

Halak set the tone early, making back-to-back saves off Alexander Semin from the slot and Brooks Laich on the rebound. He stopped 18 Washington shots in the first period alone.

THE CANADIAN PRESS

Magic sweep Bobcats

(Orlando wins series 4-0)

Magic 99 **Bobcats** 90

VS

Dwight Howard kept collecting fouls, and all the Orlando Magic did was become the first team to advance in the NBA playoffs.

Vince Carter scored 21 points, Jameer Nelson added 18, and the Magic showcased their depth and pressure shot-making in a 99-90 victory over the Charlotte Bobcats last night to complete a sweep of their first-round series.

Howard was held to six points in his fourth-straight game in foul trouble, but the Magic never flinched to accomplish their first four-game sweep in franchise history. Orlando will face the Atlanta-Milwaukee winner in the Eastern Conference semifinals.

Tyrus Thomas scored a career playoff-high 21 points for the Bobcats, whose focus will now almost immediately turn to nomadic coach Larry Brown's future with the team.

Howard did grab 13 rebounds, but was limited to 23 minutes before fouling out for the second straight game. The Magic, though, got key contributions and big shots from others.

Rashard Lewis scored 17 points, Matt Barnes added 14 and Orlando held Stephen Jackson to 2-of-11 shooting to make sure Charlotte would be the only team not to win a first-round game.

THE ASSOCIATED PRESS

Sports in brief

NHL New Jersey Devils coach Jacques Lemaire has retired following his team's first-round playoff elimination for the third straight year. Lemaire made the surprising announcement yesterday, four days after the Devils were ousted by the Philadelphia Flyers in five games.

NFL The Jacksonville Jaguars have released two-time Pro Bowl defensive tackle John Henderson, opening up a starting spot for first-round draft pick Tyson Alualu.

SOCCER England midfielder David Beckham says he won't recover from his Achilles injury to play again until November, ruling him out of the entire MLS season.

NFL The New England Patriots yesterday released former Pro Bowl linebacker Adalius Thomas, who joined the team as a high-profile free agent in 2007, but fell into disfavour with coach Bill Belichick last season. THE ASSOCIATED PRESS

Another early playoff exit for Sabres

(Boston wins series 4-2)

Sabres 3 **Bruins** 4

VS

David Krejci had two goals and one assist to lead Boston to a 4-3 victory over the Buffalo Sabres in Game 6 of their first-round playoff series last night and put the Bruins in the Eastern Conference semifinals.

Tuukka Rask stopped 27 shots for Boston, which will play either Philadelphia or Pittsburgh in the second round.

It's Boston's second playoff series victory — and first at home — since 1999.

Buffalo, which missed the playoffs in each of the past two seasons, has not advanced since reaching the conference semifinals in 2006 and '07.

THE ASSOCIATED PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS

Montreal 4 Washington 1 (Series tied 3-3)
Boston 4 Buffalo 3 (Bruins win series 4-2)
Chicago 5 Nashville 3 (Chicago wins series 4-2)

TODAY'S GAME

Detroit at Phoenix, 7 p.m. (Series tied 3-3)

NBA PLAYOFFS

YESTERDAY'S RESULTS

Orlando 99 Charlotte 90 (Magic win series 4-0)
Milwaukee 111 Atlanta 104 (Series tied 2-2)
Portland at Phoenix

TODAY'S GAMES

Miami at Boston, 5 p.m. (Celtics lead series 3-1)
Chicago at Cleveland, 6 p.m. (Cavs lead series 3-1)
San Antonio at Dallas, 7:30 p.m. (Spurs lead series 3-1)
Okla. City at L.A. Lakers, 8:30 p.m. (Series tied 2-2)

BASEBALL

YESTERDAY'S AL RESULTS

Boston 13 Toronto 12
Detroit 8 Texas 6
Kansas City 3 Seattle 1
Cleveland at L.A. Angels

YESTERDAY'S NL RESULTS

Chicago Cubs 4 Washington 3 (10 ings)
Florida 10 San Diego 1
L.A. Dodgers at New York (ppd., rain)
Milwaukee 17 Pittsburgh 3
St. Louis 4 Atlanta 3
Arizona 5 Colorado 3
Philadelphia at San Francisco

LUSHious wrap

LUSH Cosmetics secured a spot in Hewitt Associates' 2010 top 30 greenest Canadian companies. It's no wonder with competitions to reduce energy, a composting program and, now, replacing of the usual product wrap with Knot-Wrap ($6.95) stations where people can swaddle their swag in colourful reusable scarves. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Matching moms makes scents

LIZA HERZ
for Metro Canada

Find the mom on this page that fits your family profile, then show you love her with one of these custom-fit fragrances.

1 YUMMY MOMMY

GETTY IMAGES

Demi Moore

SHE ...

- Wears heels right through the ninth months of pregnancy.
- Can apply mascara while simultaneously making lunch for the kids.

Give her a gorgeous designer fragrance that smells great and also looks stylish on her dresser.

Also try: Balenciaga 50 ml edp, $110. At Holt Renfrew, select Bay Department Stores and Murale.

Prada Infusion de Tubereuse, 50 ml eau de parfum spray (edp), $90. Available at Holt Renfrew, Sephora and Shoppers Drug Mart Beauty Boutiques.

2 ELEGANT MUMMY

Gwyneth Paltrow

SHE ...

- Never has a hair out of place, has never gone to work with baby spit-up on her shoulder.
- Disciplines her children in French.

A subtly floral eau de toilette is perfect for the woman who doesn't need to shout to be heard.

Also try: Guerlain Aqua Allegoria in Herba Fresca 75 ml edt, $58. Available at The Bay and Sears.

Chanel Chance Eau Tendre, 50 ml. Eau de toilette edt, $72. Available May 3rd at all Chanel beauty counters.

3 EXECUTIVE MOM

Anna Wintour

SHE ...

- Can covertly check her Blackberry while watching the school play.
- Has every take-out restaurant between work and home on her speed dial and Google-mapped.

She loves a modern, almost masculine fragrance, but one with a stealth feminine note.

Also try: Lalique Encre Noire, 40 ml edp, $105. Available at Holt Renfrew.

Chloé eau de Fleurs Lavande, 100 ml edt, $135. Available at Holt Renfrew, select Bay Department Stores and Murale.

4 BFF MOM

Goldie Hawn

SHE ...

- Considers opening day of the upcoming Sex and the City 2 movie a national holiday.
- Believes in the restorative powers of pink cocktails.

Give her a fun, fruity floral that matches this mom's exuberant personality.

Also try: SJP NYC, 30 ml edt spray, $45. Available at department and drug stores.

Lancôme Trésor in Love, 30 ml edp, $58. Available at all Lancôme counters.

Clarification

- Moroccan Oil Treatment is only available in salons not drugstores as indicated in last week's Health & Beauty article.

METRO NEWS SERVICES

Follow Metro Heath & Beauty on Twitter for all things beautiful & healthy: @metrohb

Vaccine Response Study

A local dermatologist is looking for volunteers with moderate-to-severe plaque psoriasis to participate in a research study evaluating response to the pneumonia and tetanus vaccines.

Volunteers must meet the following conditions to be considered for study participation:

- 40-60 years of age
- Moderate to severe plaque psoriasis
- Not currently receiving systemic therapies
- No previous vaccination with a pneumococcal vaccine
- No tetanus vaccination within the past 5 years

Eligible participants will be given the pneumonia vaccine and the tetanus vaccine. Vaccine response will be evaluated after 4 weeks.

There is no cost to participate. Compensation is available.

If you would like more information about this study, please call:

Dr. Norman Wasel
Stratica Medical

780-497-7652

ResearchTrials.org

CUTTING EDGE FITNESS
CHANGE YOUR LIFE

Cutting Edge Fitness offers state of the art integrated diet and training programs tailored to help you achieve your fitness or weight loss goals. Email to find out about Personal Training services, early morning boot camps, and the NEW Cardio Kickboxing class!

Email or call to schedule a consult

brandi@cutting-edge-fitness.com · 780-918-5891

It's simple to move up to HD.

Getting HD with TELUS TV doesn't need to be a tall order.

Here's why it's easy:

- HD channels are included in every package
- Every TELUS TV® digital box is HD-ready
- Over 400 digital channels to choose from, including over 40 in HD

Get a **FREE HD PVR** rental*
when you sign up.

Plus, professional installation included.

TELUS has been named the most outstanding philanthropic company in the world.

Call 310-MYTV (6988) or visit telus.com/gettv or your nearest TELUS authorized dealer.

TELUS AUTHORIZED DEALERS

Downtown
City Centre Mall
Kingsway Garden Mall
TELUS Plaza North

North
Londonderry Mall
Northgate Mall

South
Bonnie Doon Mall
Millwoods Town Centre
Southgate Mall
10309 34 Ave. NW

West End
West Edmonton Mall
14903 118 Ave. NW

St. Albert
St. Albert Centre
200 St. Albert Rd.
20A Muir Dr.

*Offer available on a 3 year TELUS TV service agreement until June 7, 2010, to residential clients who have not subscribed within the past 90 days to TELUS TV service. TELUS Home Phone or High Speed Internet service required. HDTV input equipped television required to receive HD. © 2010 TELUS.

Deciphering an asparagus
Asparagus spears can be thick or thin, but which diameter tastes better? Slender doesn't mean tender. Thin and thick stalks can be equally tender although the thick ones are meatier. THE CANADIAN PRESS

Food

What's the scoop?

Fans of ice cream who are clever with words now have a chance to link their brains and taste buds by coming up with a moniker for the newest flavour created by Ben and Jerry's. The flavour is a combination of vanilla ice cream, fudge-covered waffle cone pieces and a fudge swirl. It has been temporarily named We are Waffling, but the company wants fans to visit its Facebook fan page and serve up their own name. For more information, visit benjerry.ca. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month — ROSE REISMAN

Have friends over for brunch

Cobb salad wraps with tomatoes, avocado and black beans

A cobb salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed the main ingredients into a wrap. It's delicious. **SERVES 8**

INGREDIENTS:
- 8 oz skinless boneless chicken breasts (about 2 breasts)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 Tbsp low-fat sour cream
- 1 Tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

METHOD:

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill the chicken for 4 minutes on each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine the tomatoes, red pepper, avocado, black beans, green onions and parsley in a large bowl. Add the lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix well.

3. Spread one-half of each of the tortillas with some of the tomato mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400°F oven for 5 minutes until warm.) Cut in half and serve.

Cobb salad wraps with tomatoes, avocado and black beans.

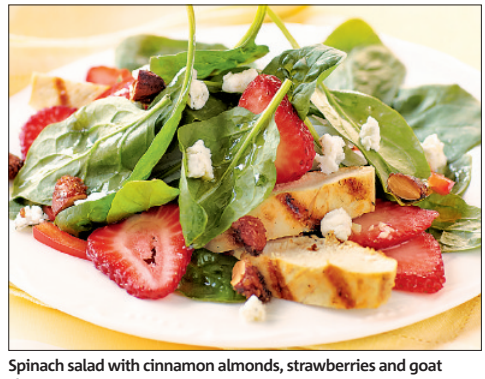
Spinach salad with cinnamon almonds, strawberries and goat cheese

This salad is perfect for entertaining with all its vibrant colors, flavors and textures. The combination of spinach, spiced nuts, strawberries and goat cheese gives it loads of character. Prepare the almonds in larger quantities and keep in an airtight container for up to 2 weeks. **SERVES 8**

INGREDIENTS:

Cinnamon Almonds:
- 1/4 cup whole almonds
- 1/4 cup packed brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad:
- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese (about 2 oz)


Spinach salad with cinnamon almonds, strawberries and goat cheese.

Dressing:
- 1 1/2 Tbsp apple cider vinegar
- 1 Tbsp olive oil
- 1 Tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard
- 6 oz grilled sliced chicken or shrimp (optional)

METHOD:

1. Preheat the oven to 350°F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice con¬centrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds. Serve topped with grilled chicken or shrimp, if desired.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Summer sipper

While in the Veneto region of Italy earlier this month I had a chance to take a side trip to Tuscany and its über famous region of Chianti. You can blame its popularity on those tubby, straw-wrapped bottles or that it was Hannibal Lecter's favourite fava bean affinity; either way everyone has heard of the place.

I made a bee-line for the sub-region of Classico (which in wine speak means the oldest, and some would say best, part of the area) to check out Castello di Gabbiano — a modern winery with an incredible 12th century castle as a centerpiece that overlooks the vineyards from its hilltop perch.

Gabbiano's liquid personality is traditional with a contemporary sensibility and the **2008 Chianti DOCG** ($12.95 - $16.99) shows that balance with its soft cherry fruit and bright ripe flavour that sees no oak aging and is made from 90 per cent sangiovese — Chianti's signature grape.

Guiliano gives readers the skinny on French cooking

CELIA MILNE
for Metro Canada

Mireille Guiliano — of French Women Don't Get Fat fame — has that lovely French accent that, when describing food, makes you dream of sitting on a sunny Parisian patio noshing on a baguette and stinky cheese while sipping a heaping glass of vin rouge.

Guiliano is at it again: Trying to get Americans and Canadians to slow down and enjoy their food. She's just published The French Women Don't Get Fat Cookbook (Atria Books) and is currently on tour promoting it.

Metro caught up with her on the phone and asked her why French women don't get fat. "They cook," was her short answer. The longer version is that the French have 300-plus years of gastronomy and rituals to guide them. A lot of it is not conscious, she says. "It comes from our mothers and the grandmothers."

As she sees it, zipping back and forth between Manhattan and Paris, North Americans are fascinated but afraid of food, forever dieting and restricting. French women eat a wider variety of foods, but in small quantities, and make special time to cook and eat. "To connect with food, you have to go to the market, feel it, taste it, smell it. Eat food that is local and seasonal. That's the way we eat in France," she says.

"You don't need huge piles of food," says Guiliano, who has written several books — this is the first cookbook — in the French Women Don't Get Fat series. "Don't eat in a hurry. The average American eats a meal in four to eight minutes. It takes 20 minutes for your brain to realize you are full," she says. "If you eat fast, those are wasted calories. You gulp it down. You gain weight."

It's a bad habit, for instance, to eat lunch at your desk while multi-tasking. "Eat slowly. Chew. Put your fork down between bites. Use all your senses." Guiliano has been on Oprah, Dateline and the Today Show spreading her message.

The French Women Don't Get Fat Cookbook, with 150 recipes, reminds us to eat, laugh and share.

The best-selling author of French Women Don't Get Fat, Mireille Guiliano, releases her follow-up cookbook next week.

Avatar a success on DVD

Avatar is maintaining its popularity in the move from box office to home video, with sales of 6.7 million DVDs and Blu-ray disks in the first four days of its release. Twentieth Century Fox reports that James Cameron's sci-fi epic has sold 2.7 million Blu-rays and 4 million DVDs. THE ASSOCIATED PRESS

Entertainment

Bieber fever

A fan stampede forced teen sensation Justin Bieber to cancel a performance in Australia yesterday after a crowd of thousands broke down police barriers. Several girls were injured. THE CANADIAN PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Warming up to Jakob Dylan

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

The last time I heard anything interesting from Jakob Dylan was 14 years ago — when his band, The Wallflowers, released Bringing Down the Horse. You know that album — it's the one with One Headlight and 6th Avenue Heartache, the record that pushed Bob Dylan's second youngest into a similar spotlight his father occupied 30-something years before.

Unlike his pops, though, he couldn't continue his chart-topping, Grammy-winning ways. I lost track of Dylan somewhere after the third Wallflowers disc came out in 2000, and took a passing interest two years ago, when he released his first solo disc.

But when I heard that he teamed up with T-Bone Burnett — the legendary musician, now Oscar winning songwriter, and producer of Bringing Down the Horse — I thought it was time to give Dylan another try. And after listening to Women and Country, I'm glad I did.

On the surface, the album sounds a lot different than Dylan's old rock band. It's filled with delicate alt-country, soft Americana and touching harmonies from Neko Case and Kelly Hogan. It's not quite as spare as Seeing Things, his Rick Rubin produced, stripped down solo debut, but thanks to the quiet atmospheric hums of reverb, the relaxed vocals and lyrics about self-worth, struggle and, less explicitly, about being a working dad to four kids, this is his warmest record yet.

ASSOCIATED PRESS FILE PHOTO

Women and Country is Jakob Dylan's warmest album to date.

When I told Dylan that Women and Country was coming from a different songwriter than I remember, he disagreed. "I addressed the music as a big band sound, a rock and roll sound, but we had things like pedal steel and horns early on," he says. "It's all the same for me."

He admits that his writing is more "refined" and he now recognizes his strengths. If anything, it's his songwriting maturity that may be the biggest difference between this and his Wallflowers days — he sounds more confident playing alone, and it seems as if, at 40, he's able to embrace the country folk combo he was brought up on.

"I'm drawn to traditionalism," he says. "The instruments that we're using on this album will be played thousands of years from now."

Although Dylan's music now sounds a little more like his father's, he's been fielding questions about his dad for nearly two decades. It's not something that bothers him, at least not anymore. "It is what it is," he says. "There's a misconception for some reason that I've been waiting for it to go away, but I understand it's impossible to think of me and not think of the other."

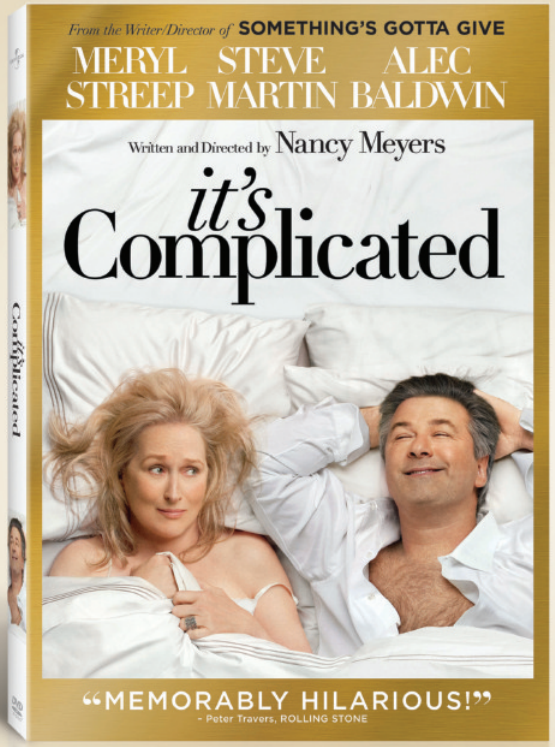
Even if he took up some other profession he'd still get comparisons, he says. "You don't think I'd be accused of things if I was the head accountant? In any line of work there would be baggage."

The elder Dylan is supportive, he points out, and with an album as good as Woman and Country it would be hard not to be.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

A Great Gift for Mom!

"MOVIES DON'T GET ANY FUNNIER THAN THIS!"
– Pete Hammond, BOXOFFICE MAGAZINE



buy it Today on DVD for $18.93

Available at Walmart
Save money. Live better.

www.ItsComplicatedMovie.com © 2010 Universal Studios. All Rights Reserved. www.UniversalHiDef.com Prices and products available until Thursday April 29th 2009 while supplies last in Canada only. Prices may vary from store to store. UNIVERSAL A Division of NBC Universal

Elwes back in Saw franchise

If you've been wondering just what happened to Cary Elwes' Dr. Lawrence Gordon as the Saw sequels toddled along without him, you'll finally get your answer in the latest outing, Saw VII. Lionsgate has announced that Elwes has signed on to reprise Dr. Gordon. **METRO NEWS SERVICES**

Where cowboys turn comic

STEVE GOW
for Metro Canada

Bill Phillips has a theory about why moviegoers are drawn to Westerns.

"There's comfort in (them)," stated the director of Gunless, a new comedy about fictional outlaw The Montana Kid. "The western has evolved but you're still getting those (classic) elements … it's like meat and potatoes, you know what you're going to get."

Phillips knows what he's talking about. A longtime admirer of the genre ("when I was growing up, there was nothing better than Butch Cassidy & The Sundance Kid"), the Toronto-bred filmmaker crafted the premise of an American gunslinger (played by Paul Gross, ironically) that finds himself stranded gunless in peace-loving Canada years before he even made his 2002 Genie-Award nominated feature debut, Treed Murray.

Gunless opens in theatres Friday

Director Bill Phillips, second from left, chats with star Paul Gross, second from right, and other actors on the set of his Western-themed comedy Gunless.

"There is something about taking those iconic elements," Phillips said of the genre. "You drag that north of the 49th parallel and start playing with it, bringing in the Canadian elements (and) it begs comedy. If it wasn't going to be comedy, I'm not sure what it would be."

As humour-laced as Gunless is, Phillips was careful not to overplay the genre's American iconography maintaining the integrity of accentuating such authentic Canuck curiosities as sod houses and the progressive gun laws of Canada in the 1880s.

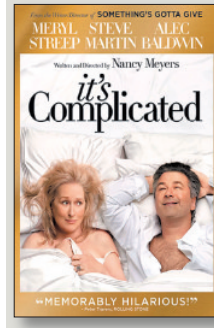
"There is historical accuracy here," explained Phillips. "We did our due diligence but I will say a Western is as much fantasy as science-fiction and we are never going to let truth get in the way of a good story."

> **"I will say a western is as much fantasy as science-fiction and we are never going to let truth get in the way of a good story."**
> Bill Phillips

Phillips didn't let some tough conditions get in the way either. Shooting in Osoyoos, B.C. (Canada's hottest region), the cast and crew had to endure extreme temperatures, dust storms that shut down production and challenges that gave them a real taste of the wild west.

"You'd have to wash your hair two-times to get all the dust out. I don't think anybody got all the dust out of their lungs until two months after the shoot was done," said Phillips before admitting if he had to go back, he might do it all over again. "Making a western, it's a blast. You got a crew of fifty people all playing cowboys and that is a lot of fun."

DVD picks



It's Complicated

Director: Nancy Meyers

ONLY AN ACTRESS of Meryl Streep's calibre could bring some heft — and real laughs — to something as featherweight as It's Complicated, writer/director Nancy Meyers' latest glossy excursion into the travails of the rich and idle.

Streep is Jane, the type of woman who would have been referred to as a wealthy divorcee in movies of an earlier era. She runs an upscale bakery that seems to make money by magic and lives in a Santa Barbara garden home that couldn't be more fabulous — but that doesn't stop her from planning an expensive makeover regardless.

Jane is well past the mourning stage of her failed marriage to the philandering Jake (Alec Baldwin).

The last of her grown-up kids is leaving the nest. She's free to build the kitchen and bedroom of her dreams, to consider cosmetic surgery and to flirt with her architect, a mild gent named Adam (Steve Martin). But then Jake bumbles back into her life and boudoir, and suddenly things get, um, complicated.

Streep's gift for comedy and her magnetic screen presence make this an easy watch and a much more entertaining movie than it might otherwise be. She's well matched with Baldwin and Martin, who are considerably funnier here than were as co-hosts of the most recent Academy Awards.

John Krasinski plays straight man as a future son-in-law who is shocked and apoplectic over the marital misadventures he accidentally witnesses.

Extras aren't complicated at all: just a commentary by Meyers (with a few assists from her production team), plus a making-of featurette.

Peter Howell/for Metro Canada

ED	C		B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/27/10 primetime	2	CFRN	239	318	etalk	Access H.	Law & Order: SVU		American Idol (HDTV)		The Mentalist (HDTV)		CTV News
	3	KHQ	-	370	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser A challenge involves wrangling calves.				Parenthood (N)
	4	CBXT	-	307	NHL Hockey		CBC News	TBA	TBA	TBA	CBC News: The National		The Hour
	6	KREM	-	372	News	Access H.	The Doctors		NCIS "Moonlighting" (N)		NCIS: Los Angeles (N)		The Good Wife
	7	CKEM	241	347	Law & Order: SVU		Parenthood (HDTV) (N)		The Biggest Loser A challenge involves wrangling calves.				EP Daily
	8	CITV	240	339	ET Canada	Entertainment	The Good Wife "Boom"		NCIS "Moonlighting" (N)		Glee "Home" (HDTV) (N)		News Hour
	11	OMNI	-	-	King	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars		Lost "Ab Aeterno"		(11:02) V (N)
	16	KAYU	-	373	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)		Glee "Home" (HDTV) (N)		News
	22	KSPS	-	374	PBS NewsHour (N)		NOVA (HDTV) (DVS)		Survival "Fit For Life"		Frontline (N) (DVS)		Independent
	24	WTVS	-	364	To Be Announced		Frontline (N) (DVS)		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N)	
news	15	CBCN	502	-	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		fifth estate
	21	TWN	505	398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500	500	Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)				Larry King Live		Cooper 360
	54	CTVN	501	391	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	70	BNN	504	508	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
sports	20	TSN	400	400	NHL Hockey: Flyers at Devils		NHL Hockey Detroit Red Wings at Phoenix Coyotes. (HDTV) (Live)					SportsCentre	30 for 30
	23	net	408	418	MLB Baseball		Sportsnet Connected (N)		Hockey Central	The Rookies	Sportsnet Connected (N)		MMA Conn
	47	SPEED	417	406	NASCAR Hall of Fame (HDTV)		Dangerous Drives (HDTV)		Pass Time	NASCAR Hub	Race in 60 (HDTV)		NASCAR Hall
	94	SCORE	410	403	Score Now		Score Now		Score Now		Score Now		Score Now
family	9	EDACC	267	351	Alberta Primetime (Live)		(8:02) V (HDTV) (N)		Dancing With the Stars		Lost "Ab Aeterno"		Primetime
	14	YTV	552	543	iCarly	iCarly	iCarly	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie
	17	TREE	553	546	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	42	TOON	555	545	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	45	FAM	557	541	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
cable variety	-	TVA	121	714	TVA nouvelles	Le Cercle (SC)	La Fièvre de la danse (SC)		Caméra café	Taxi 0-22 (SC)	La Grande Évasion (SC)		TVA nouvelles
	18	CMT	575	583	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba
	25	A&E	615	520	Criminal Minds (HDTV)		The Battle for Late Night (HDTV) (N)				(10:01) Criminal Minds		Criminal Minds
	26	MMM	571	581	mmtop10.ca		Hammertime	Gimme Sugar	Family Jewels	Wild 'n Out	Hammertime	Gimme Sugar	Family Jewels
	29	FOOD	603	561	Chef Abroad	Chef Abroad	Chefs vs. City Boston.		Restaurant Makeover		Diner, Drive-In	Unwrapped	Dinner Imposs.
	31	SHOW	617	522	Trailer Park	Trailer Park	Relic Hunter		Love Sick: Secrets of a Sex Addict (2008, Docudrama)				Californication
	32	DISC	520	505	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet		Destroyed	Destroyed	Deadly Catch
	33	SLICE	601	562	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Real Housewives, Orange		Housewives
	34	W	602	567	House-Sell	House-Sell	Supernanny		Style by Jury	Grocery Bag	Beauty Call	Style by Jury	Look Good
	35	TLC	521	560	19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Help! I'm Turning Into a Giant		19 Kids-Count	19 Kids-Count	Chocolatiers
	36	BRAVO	620	523	Nebbia (N)		Spectacle: Elvis		Law & Order "Divorce"		Without a Trace		Till Human
	38	SPIKE	628	584	Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV) (N)		Crash Test: Real Wrecks		Deadliest Warrior (HDTV)		CSI: Crime Scn
	39	AMC	-	-	(6) The Sand Pebbles ★★★ (1966, Adventure) Steve McQueen, Candice Bergen.						Mission: Impossible ★★ (1996, Action)		
	40	HIST	522	506	Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect		Storm Planets (HDTV)		Lost Worlds (HDTV)		Lost Worlds
	41	COM	626	547	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords
	43	SPACE	627	528	Medium (HDTV)		Fringe (HDTV PA) (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Generation	
	44	WPCH	294	650	(6) MLB Baseball Atlanta Braves at St. Louis Cardinals.				Law & Order: SVU		Seinfeld	Name Is Earl	Gone Fishin'
	46	OLN	411	457	Oper. Repo	Oper. Repo	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters
	48	TROP	619	525	End of Leash	Last 10	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash
	50	STAR	621	527	The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ	etalk	Access H.	Extra	Dr. Oz Show
	52	HGTV	600	564	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes on Homes		Sarah's House	Genevieve	Outdoor Room
	65	TLN	700	800	David Rocco	Magnifica Italia	George Lopez	George Lopez	George Lopez	George Lopez	Raymond	Raymond	Paid Program
	92	APTN	269	350	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	Rez Rides	MYTV	Moccasin Flats
	93	VISION	261	394	SOUL "Twice"		Unscripted (N)	Crazy for Love	Poltergeist: The Legacy		The Black Stallion (1979, Adventure)		
	100	MTV	581	566	The Hills	The Hills	The Hills	After	MTV Live	Sex, News-Roll	The Hills	The Hills	The Hills
	101	MM	570	580	disBAND	Muchmusic Countdown			UR11		Gossip Girl (HDTV)		Love Court
	102	CPAC	512	396	(6:30) Primetime Politics			Revue	Question Period		Prime.-Politics	Primetime Politics	
	103	VIVA	526	507	Medium "Knowing Her"		Cold Case		Psychic Inv.	Encounters	Judging Amy		Missing
	106	RDI	126	730	Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal (SC)		24 Heures en 60 minutes		Le Téléjournal
	161	SUPER			Angel ★★ (2007, Drama) Romola Garai, Lucy Russell.				(9:15) Until Death (2007, Action) Jean-Claude Van Damme.				The Spirit

critics'corner

NCIS
Gibbs and Special Agent T.C. Fornell (Mark Harmon, guest star Joe Spano) and the team try to uncover the truth when a polygraph specialist's night job takes a dangerous turn that leads to murder in the new episode "Moonlighting." Michael Weatherly, David McCallum and Pauley Perrette also star. 9 PM on KREM CITV

The Hills
LC! Kristin! And of course, Heidi! A guilty pleasure that's yielded its stars far more than 15 minutes of fame, this unscripted series returns for its final season. But they're not resting on their laurels here; expect lots of new drama ... and a new look for Heidi Montag. 8 PM on MTV

NCIS: Los Angeles
At Hetty's (Linda Hunt) request, LAPD liaison Marty Deeks (guest star Eric Christian Olsen) helps the team look for an infamous socialite connected to a Navy officer's murder in the new episode "Fame." Chris O'Donnell, LL Cool J and Peter Cambor also star. 10 PM on KREM

Parker taking a break from acting
Sarah Jessica Parker is taking a break from the big screen to work as a museum tour guide. The Sex and the City star has agreed to record an audio guide for the Metropolitan Museum of Art in New York, according to Hollyscoop. METRO NEWS SERVICES

Celebrity Buzz

Lohan hurls drink at Ronson

MAYBE SAM WAS THIRSTY Lindsay Lohan appears to be taking out her frustrations over her career and personal problems on ex-girlfriend Samantha Ronson.

The troubled starlet reportedly hurled a drink at Ronson while hanging out at L.A. nightclub Trousdale, according to Gatecrasher.

"It was ridiculous," a source says.

"Sam was sitting at a table, and Lindsay came up from behind and tossed an entire drink at her. Sam looked livid but just let it go. Why people even let Lindsay inside their establishments anymore is beyond me."

Despite her very public problems recently, Dina Lohan insists her daughter is doing just fine and is a perfectly fine role model for younger sister Ali Lohan, who is following the career path blazed by her older sister.

"Lindsay is absolutely, 100 per cent, not (a bad influence)," Dina tells People magazine.

"Ali is amazing. She loves her sister. Would I let my daughter go anywhere that's dangerous?"

Dina insists the real concern is ex-husband and father of both children, Michael Lohan.

"Ali and Lindsay need to be protected from their ex-father. That's the dangerous situation," she says.

"He's creating a worse situation for everyone."

METRO NEWS SERVICES

Jersey Shore star gets booze dumped on her

CAN WE CONFIRM THIS 'MAN' WAS NOT LINDSAY LOHAN? Last season on The Jersey Shore, a man threw a punch at Nicole "Snooki" Polizzi.

This season?

Just a drink.

The newly single MTV reality star, 21, was doing shots with Jenni "JWOWW" Farley, 23, at Ocean's 10 bar in Miami Saturday at 6 p.m. when a man approached her, usmagazine.com reported.

A confrontation escalated and Snooki threw food at the man.

The unknown guy retaliated by dumping his own drink all over Snooki.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

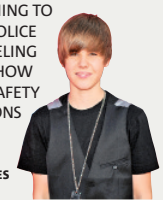
SAMANTHA RONSON has a tough night out at the club, **JUSTIN BIEBER** is upset his Australian concert got cancelled, **KIRSTIE ALLEY** is overdoing it and **KATY PERRY** likes to be prepared.

@samantharonson Just got a glass thrown at my head..... Hmmm- wonder who did it????

@kirstiealley Now get this...I am embarrased to tell...I was working out and I.....threw my back out

@katyperry Starting vitamins when sick is like saying a prayer when the plane is going down.

@justinbieber I WANT TO MAKE THIS CLEAR...I DONT CANCEL...I WOKE UP THIS MORNING TO THE POLICE CANCELING THE SHOW FOR SAFETY REASONS



METRO NEWS SERVICES

Cornish getting over Phillippe

APPARENTLY IT WASN'T TOO HARD Abbie Cornish appears to have moved on from ex-boyfriend Ryan Phillippe, as the Australian actress was spotted getting cozy with Josh Hartnett at a New York watering hole recently, according to the Huffington Post. A source says the pair talked for a while at the bar of Warren 77 before retiring to a corner table in the back, where they stayed until about 1 a.m.

METRO WORLD NEWS

Cavallari claiming The Hills gave her a bad reputation

AGREE WITH HER OR ELSE Has the bad girl from The Hills turned good?

Kristin Cavallari, known for her unvarnished opinions on the MTV reality show, says she's a better person than she's portrayed on the show — and that the real Kristin is the one who's been doing charity work recently.

"If you asked my real friends, they would say I'm definitely not a bitch," Cavallari, 23, told People Magazine on Saturday while hosting a party at Liquid Pool Lounge in Las Vegas.

"I definitely stand up for myself, and I'm not a pushover."

Cavallari's plans for life after The Hills, whose final season premieres Tuesday, include helping those less fortunate via the One Kid One World charity.

METRO NEWS SERVICES

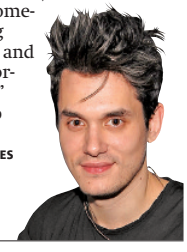
Mayer threatens to close Twitter account

HOPEFULLY HE'LL UPDATE HIS TWITTER ACCOUNT AND TELL US WHEN HE'S GOING TO QUIT BEING A TWIT John Mayer may be following Miley Cyrus' lead and quitting Twitter.

"Every night for the last two weeks, I think about canceling Twitter. It's over," he says, according to Ace Showbiz.

"The only positive thing on Twitter is saying, 'Thank you' and directing (followers) to something cool and important."

METRO NEWS SERVICES



Smith reaches out to Bullock after affair

I'M SURE SAYING SORRY WILL SOLVE EVERYTHING Melissa Smith, the second woman to come forward as one of Jesse James' mistresses, has apologized to Sandra Bullock.

Smith faxed a letter to the Oscar-winning actress, taking responsibility for the affair, TMZ reports. In the letter, Smith wrote: "I felt I needed to reach out to you and tell you how deeply sorry I am for everything that you've been through. And I know nothing I can say in this letter is going to make the pain of my actions go away," she continued. "I am sorry for any hurt or pain that I have caused you. My actions of engaging with a married man are unforgivable. I never meant you any harm," she added. Smith said she will "never forgive" herself and implored Sandra to contact her. "Please contact me if you wish to discuss on the phone or in person."

METRO WORLD NEWS

I was seduced by two older women: Michael Douglas

BUT DON'T TELL MY MOMMY Michael Douglas confesses to Elle magazine that he learned everything he needed to know about sex when he was seduced by two of his mother's friends at age 16, though he refuses to name names since his mom, actress Diana Dill, still doesn't know about the escapade.

"I wouldn't want to get any of them in trouble," Douglas tells the magazine. "Though they're probably dead now."

METRO WORLD NEWS

Kick-Ass star marrying woman twice his age

HE CAN TRADE STORIES WITH MICHAEL DOUGLAS Kick-Ass is getting married ... and having a baby ... with a woman twice his age. Aaron Johnson, the 19-year-old title star of last weekend's No. 1 film, tells People he and British artist-director Sam Taylor-Wood are having their first child together this summer.

Taylor-Wood, 43, is a whopping 24 years older than the young actor and already has two kids from a previous marriage. Johnson says he's "excited" about fatherhood and isn't even a wee bit nervous.

METRO NEWS SERVICES

Pattinson rolling in money

PROVING ONCE AGAIN YOU DON'T NEED TALENT TO BE RICH Twilight has certainly been good to Robert Pattinson.

The young star has been named one of the wealthiest actors in the U.K. Under 30, according to the Sunday Times.

With a reported $20 million, Pattinson is sitting pretty at No. 5, but he's nowhere near the list's top earner, Harry Potter star Daniel Radcliffe, with $63 million. Radcliffe's co-star Emma Watson landed third with $33 million.

METRO WORLD NEWS

BT BREAKFAST TELEVISION

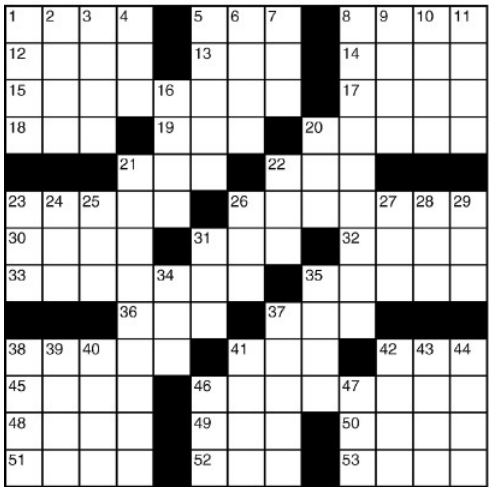
Today Rain 12 C / 3 C

Wednesday Rain 9 C / 3 C

Thursday Rain 7 C / 1 C

Michele McDougall, Weather Specialist & Host – Breakfast Television
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes."
WEEKDAYS AT 6 A.M.

Take Five



ACROSS

1 Have on
5 Taxi
8 Distort
12 "It's a Sin to Tell —"
13 Eggs
14 "Do — others ..."
15 Jeff Probst's show
17 Nevada city
18 Thickness
19 Morning moisture
20 Sandwich necessity
21 Adjective for 22-Down
22 Adversary
23 Debate topic
26 Prime Minister's street
30 Norse thunder god
31 Carton
32 Defeat decisively
33 Greedy
35 Tilts
36 Lingerie item
37 Otologist's subject
38 .What Nixon denied being
41 Over-active one?
42 Center
45 Tibetan monk
46 Take unawares
48 Gray hair cause
49 Favorite
50 Looked at
51 Repair
52 Blond shade
53 Root beer brand

DOWN

1 Nasty stinger
2 Hebrew month
3 Ethereal
4 Gun the engine
5 Small flock
6 Acknowledge
7 Tavern
8 Cry uncle
9 Dandling site
10 Sicilian spouter
11 Unfinished furniture?
16 Between assignments
20 Acknowledge applause
21 "Hanging ten" need
22 Hounds' prey, perhaps
23 "Monty Python" opener
24 That girl
25 Scale member
26 Homer's interjection
27 A Gershwin
28 Sister
29"Pygmalion" playwright's monogram
31 Merit badge org.
34 Annoy
35 Genie's quarters
37 Third rock from the sun
38 Untalkative one
39 Anger
40 Portent
41 Colors
42 Casual greeting
43 Secondhand
44 Foundations
46 Hot tub
47 Roulette bet

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		5					9	6
	9	1		5	3			
8			7					
4		9	1		2			
	6						3	
			6		7	1		4
					1			8
			4	8		3	7	
3	5					2		

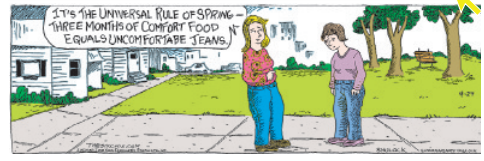
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	A	N		O	P	S		B	E	E	R
A	H	A	B		A	R	C		A	G	R	A
B	E	T	A		K	E	A		N	O	R	M
A	M	O	N	G		P	R	O	D			
			D	A	M		F	R	E	E	S	T
C	O	V	E	R	E	D		B	R	U	N	O
A	V	E	R		W	O	K		I	R	O	N
M	A	N	S	E		W	I	L	L	O	W	Y
S	L	I	N	G	S		N	I	L			
			A	G	O	G		P	E	A	C	H
C	A	R	T		L	E	A		R	U	L	E
B	L	O	C		V	E	T		O	R	A	L
S	E	T	H		E	K	E			A	D	D

6	4	1	5	9	7	2	3	8
5	2	8	6	4	3	7	1	9
3	7	9	2	1	8	5	4	6
8	1	2	3	7	4	9	6	5
9	5	4	8	6	1	3	7	2
7	6	3	9	5	2	1	8	4
2	8	5	7	3	6	4	9	1
4	9	7	1	8	5	6	2	3
1	3	6	4	2	9	8	5	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Red Beans and Rice

INGREDIENTS:
1 1/4 cups dried red beans or red kidney beans, soaked
1 ham hock (500 to 700 g)
1 large yellow onion, chopped
2 stalks celery, sliced
2 bay leaves
2 cloves garlic, minced
1 1/2 tsp dried thyme leaves
1/4 tsp each salt and black pepper
1 cup uncooked long-grain white rice
1/4 cup minced parsley

METHOD:
1. In Dutch oven, combine water, soaked beans, and ham hock. Bring to boil. Lower heat and simmer, covered, for 1 to 1 1/2 hours or until beans are tender. Drain beans, reserving 2 cups liquid. Remove 2 cups beans from Dutch oven. Slightly mash these beans, then return to Dutch oven. Remove ham. When bone is cool, remove meat. Discard bone. Cut meat into bite-size pieces; return to Dutch oven.

2. Stir in reserved liquid, onion, celery, bay leaves, garlic, thyme, salt and pepper. Bring to boil, then simmer, covered, 30 minutes or until vegetables are tender, stirring occasionally. Discard bay leaves. Meanwhile, cook rice according to package directions, omitting butter and salt. Spoon bean mixture over rice. Sprinkle with parsley. Serve.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
The planets are urging you to get rid of something you no longer need, something that is holding you back from success.

TAURUS
APRIL 21-MAY 21
Don't be too harsh on someone who has not lived up to your expectations. The important thing is that they tried

GEMINI
MAY 22-JUNE 21
Do you pretend that your feelings do not exist or do you express them fully and openly? Emotion must not be denied.

CANCER
JUNE 22-JULY 22
You may not be the sort to joke about serious subjects but try not to get too cross with someone who takes a flippant attitude

LEO
JULY 23-AUG 23
Let employers and other important people know that you are a force to be reckoned with and must not be ignored.

VIRGO
AUG 24-SEPT 22
A certain viewpoint may seem attractive but if your instincts tell you to be wary then you would be wise to hold back.

LIBRA
SEPT 23-OCT 23
If someone you usually get along with is unusually critical today chances are it is because their emotions are up in the air

SCORPIO
OCT 24-NOV 22
You won't see eye-to-eye with partners and colleagues over the next two or three days but that's not necessarily a bad thing.

SAGITTARIUS
NOV 23-DEC 21
This is no time for wishful thinking. You know what needs to be done and you know you must do it soon or it will pass you by forever.

CAPRICORN
DEC 22-JAN 20
If a loved one says they want to spend some time alone you must not be offended. It is no reflection on you

AQUARIUS
JAN 21-FEB 18
It will be easy to get frustrated about a family problem today but that won't solve anything.

PISCES
FEB 19-MARCH 20
Give yourself permission to dream about things that other people say are impossible or irresponsible.

"ONE OF THE BEST NEWS APPS"

"Really cool. Lets you read articles offline too!" – *Real user review*
The free Metro Canada application is available on the *App Store.*
Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.

Available on the App Store

metronews.ca

2-DAYS ONLY

APRIL 28 & 29, 2010

RECEIVE 30%* OFF ENTIRE STORE

* EXCLUDES RED TICKETED MERCHANDISE

PRESTIGE Members will save an additional **10%** off with a valid **PRESTIGE** card.

*Offer cannot be used in conjunction with 20% discount offered, for New Prestige Members. Offer is valid on April 28th - 29th only. Offer cannot be used in conjunction with any other promotional offer or on previously purchased merchandise. Excludes Prestige and gift card purchases. Other restrictions may apply. Offer valid at all Suzy locations, excludes outlets.

SUZY

SUZYSHIER.COM

AIR CANADA VACATIONS

SPRING–SUMMER–SUN SALE

$799

MEXICO

Puerto Vallarta / Riviera Nayarit via Calgary

Crown Paradise Club: A Family Resort • 4★
All-Inclusive • Standard rm.
June 5 • 1 wk.
+Taxes & other fees (including service charges): $273

CUBA

Santa Clara via Calgary

Sol Cayo Santa Maria • 3 1/2★
All-Inclusive • Standard rm.
May 8 – June 19 • 1 wk.
+Taxes & other fees (including service charges): $226

Barceló Cayo Santa Maria • 4★
All-Inclusive • Junior suite
May 8 – June 19 • 1 wk.
+Taxes & other fees (including service charges): $226

$899

CUBA

Santa Clara via Calgary

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
May 8 – June 19 • 1 wk.
+Taxes & other fees (including service charges): $226

Varadero via Calgary

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
May 16 – June 20 • 1 wk.
+Taxes & other fees (including service charges): $226
Please add $50 for Sat. & Sun. departures

MEXICO

Cancun / Riviera Maya via Toronto

Oasis Cancun • 3★
All-Inclusive • Standard rm.
May 30 • 1 wk.
+Taxes & other fees (including service charges): $305

$999

MEXICO

Puerto Vallarta / Riviera Nayarit via Calgary

Meliá Puerto Vallarta • 4★
All-Inclusive • Deluxe oceanview rm.
June 5 – 19 • 1 wk.
+Taxes & other fees (including service charges): $273

PRIVILEGES

Cancun / Riviera Maya via Toronto

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
May 30 • 1 wk.
+Taxes & other fees (including service charges): $305

CUBA

Varadero via Calgary

Barceló Marina Palace • 4 1/2★
All-Inclusive • Junior suite
May 16 – June 20 • 1 wk.
+Taxes & other fees (including service charges): $226

USA

San Francisco via Calgary
Kabuki • 4★
Double rm.
July 15 • 3 nts.
$549
+Taxes & other fees (including service charges): $129

Cruises

Carnival Cruise Line[1]
Carnival Valor®
Western Caribbean Cruise
Flights to Miami via Toronto
Inside stateroom, cat. 4B
June 6 • 1 wk.
$1259
+Taxes & other fees (including service charges): $205

THE ROYAL CANCUN & PLAYA DEL CARMEN

MEXICO

Cancun / Riviera Maya via Toronto

THE ROYAL in Cancun • 5★
All-Inclusive • Junior suite ocean view
July 9 • 1 wk.
$1629
+Taxes & other fees (including service charges): $305

THE ROYAL in Playa del Carmen • 5★
All-Inclusive • Royal junior suite
July 9 • 1 wk.
$1629
+Taxes & other fees (including service charges): $305

CONNECT FREE[2] • Calgary • Lethbridge • Nanaimo • Regina • Saskatoon

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 4,750 Aeroplan® Miles per member[†]

Find us on facebook twitter

THE ROYAL® Cancun & Playa del Carmen
EXPECT THE EXCEPTIONAL

Fly in style – Upgrade to Executive Class® service

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

As of May 1, 2010, all travellers, foreign and Cubans living abroad, must purchase a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Apr. 27 & May 1, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Edmonton International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. [†]Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Edmonton to Cancun/Riviera Maya via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Carnival Cruise Lines ships' registry: The Bahamas and Panama. [2]Available in conjunction with flight-inclusive packages. Non-stop flights via Edmonton. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.